



# Healthy Active Living Educational Materials Catalog

## ORDER FORM

### Division of Chronic Disease & Injury Prevention

Los Angeles County Department of Public Health  
3530 Wilshire Blvd., 8th Floor  
Los Angeles, CA 90010

DATE: [ \_\_\_/\_\_\_/\_\_\_ ]

### RECIPIENT'S ADDRESS:

[Name]  
[Company Name]  
[Street Address]  
[City, ST ZIP Code]  
[Phone Number]

### PLEASE DIRECT ANY INQUIRIES

### ABOUT THE CATALOG TO:

Email: [ChooseHealthLA@ph.lacounty.gov](mailto:ChooseHealthLA@ph.lacounty.gov)

CATALOG NUMBER	PRODUCT DESCRIPTION	QUANTITY	QUANTITY FULFILLED (DPH USE ONLY)

Plan for Distribution (to which community partner, etc.):

Submit order form only once via email to [ChooseHealthLA@ph.lacounty.gov](mailto:ChooseHealthLA@ph.lacounty.gov).

- \* Please see Materials Catalog for quantity limits. Quantities are not guaranteed and are based upon availability.
- \* Please note, materials can be sent via County mail (up to 25 lbs.)
- \* Community partners should make arrangements for pickup when submitting order form.

# 11 x 17 "CHOOSE LESS, WEIGH LESS" POSTERS

## PORTION POSTER SANDWICH – ENGLISH

CATALOG ITEM: PPS1-E  
QUANTITY LIMIT: 10



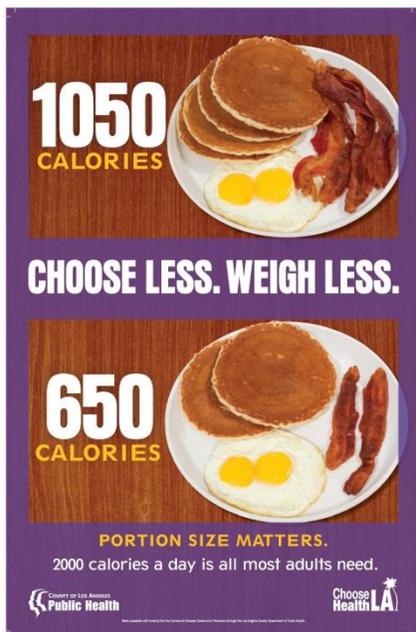
## PORTION POSTER SANDWICH – SPANISH

CATALOG ITEM: PPS1-S  
QUANTITY LIMIT: 10



## PORTION POSTER BREAKFAST – ENGLISH

CATALOG ITEM: PPB1-E  
QUANTITY LIMIT: 10



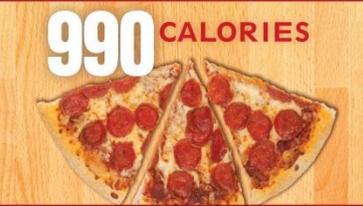
## PORTION POSTER BREAKFAST – SPANISH

CATALOG ITEM: PPB1-S  
QUANTITY LIMIT: 10



# PORTION POSTER PIZZA – ENGLISH

CATALOG ITEM: PPP1-E  
QUANTITY LIMIT: 10



**990 CALORIES**

**CHOOSE LESS. WEIGH LESS.**



**660 CALORIES**

**PORTION SIZE MATTERS.**  
2000 calories a day is all most adults need.

County of Los Angeles  
**Public Health**

Choose Health **LA**

# PORTION POSTER PIZZA – SPANISH

CATALOG ITEM: PPP1-S  
QUANTITY LIMIT: 10



**990 CALORÍAS**

**ELIJA MENOS. PESE MENOS.**



**660 CALORÍAS**

**EL TAMAÑO DE LA PORCIÓN IMPORTA.**  
2000 calorías al día es lo que la mayoría de adultos necesitan.

Comunidad de Los Angeles  
**Salud Pública**

Choose Health **LA**

# PORTION POSTER BURGER – ENGLISH

CATALOG ITEM: PPU1-E  
QUANTITY LIMIT: 10



**1250 CALORIES**

**CHOOSE LESS. WEIGH LESS.**



**680 CALORIES**

**PORTION SIZE MATTERS.**  
2000 calories a day is all most adults need.

County of Los Angeles  
**Public Health**

Choose Health **LA**

# PORTION POSTER BURGER – SPANISH

CATALOG ITEM: PPU1-S  
QUANTITY LIMIT: 10



**1250 CALORÍAS**

**ELIJA MENOS. PESE MENOS.**



**680 CALORÍAS**

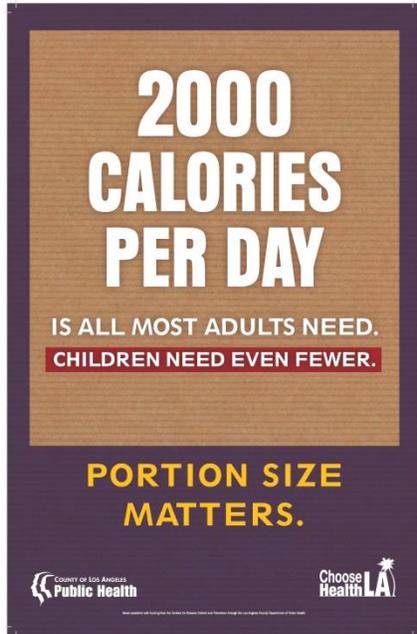
**EL TAMAÑO DE LA PORCIÓN IMPORTA.**  
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Comunidad de Los Angeles  
**Salud Pública**

Choose Health **LA**

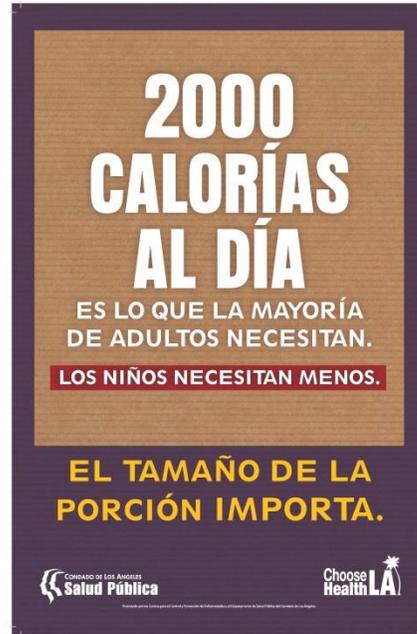
## PORTION POSTER CALORIES – ENGLISH

CATALOG ITEM: PPC1-E  
 QUANTITY LIMIT: 10



## PORTION POSTER CALORIES – SPANISH

CATALOG ITEM: PPC1-S  
 QUANTITY LIMIT: 10



## 5 x 9 “VISUALIZE YOUR PORTION SIZE” TRI-FOLD CARDS

Spanish only, Folds to 3 X 5

CATALOG ITEM: VTF1-S  
 QUANTITY LIMIT: 200  
**SPANISH FRONT**



**SPANISH INSIDE**



# 8 1/2 x 11 "SUGAR PACK" HEALTHY DRINK TIPS

CATALOG ITEM: SPHDT-E  
 QUANTITY LIMIT: 200  
 ENGLISH FRONT

**YOU WOULDN'T EAT 22 PACKS OF SUGAR. WHY ARE YOU DRINKING THEM?**

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers.

**CHOOSE HEALTHY LA.COM**

## ENGLISH BACK

**TIPS FOR HEALTHY DRINK CHOICES:**

- Choose water or low-calorie drinks instead of sugary drinks.
- Keep water stocked in your refrigerator and readily available for when you're thirsty. Carry a bottle with you and refill it throughout the day.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a few spoonfuls of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened drink, choose a smaller size. An 8-oz soda contains about 100 calories.

**DID YOU KNOW?**

- A 20-ounce soda can contain 66 grams of sugar that's approximately 22 packets of sugar in just one bottle. All that added sugar can have serious health consequences. The extra calories in sugary drinks may lead to obesity, diabetes and heart disease.
- A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
- A typical 10-year-old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.
- Health experts recommend that we limit or eliminate sweetened beverages from our diet and replace sugar-sweetened drinks with water, unsweetened beverages and/or low-fat or non-fat milk.

**HEALTHY DRINK ALTERNATIVES:**

**WATERMELON DELIGHT:**  
Blend 1/2 cup cubed watermelon with 1/2 cup water, strain pulp, and add a lime slice.

**CITRUS LIGHT:**  
Cut up oranges, lemons, and cucumbers, place them in a pitcher of water for 2 hours, strain and serve.

**GRAPE SPARKLER:**  
Mash a handful of sweet grapes into a bowl, pour juice into a glass and fill to top with seltzer water.

**LITE LEMONADE:**  
Mix juice from 1 squeezed lemon with 1 cup water, then add a few drops of honey for sweetness. Try it with hot water on a cool day!

**WATERMELON LEMONADE:**  
Puree 4 cups cubed seedless watermelon with juice from 3 lemons and pour over ice.

**FRESH FRUIT COOLER:**  
Blend 1/2 cup ice, 3/4 cup sugar-free sparkling water, 1/3 cup melons or berries until slushy. Garnish with mint leaves or citrus slices.

**TROPICAL SMOOTHIE:**  
Blend melon chunks or peach slices with fat-free (skim) milk, crushed ice, and a touch of ginger or cinnamon until smooth.

**CHOOSE HEALTHY LA.COM**

CATALOG ITEM: SPHDT-S  
 QUANTITY LIMIT: 200  
 SPANISH FRONT

**USTED NO SE COMERÍA 22 PAQUETES DE AZÚCAR. ¿POR QUE SE LOS TOMA?\***

Calorías en exceso en bebidas cargadas de azúcar pueden causar obesidad, diabetes, enfermedades del corazón y algunos tipos de cáncer.

**CHOOSE HEALTHY LA.COM**

## SPANISH BACK

**CONSEJOS PARA TOMAR BEBIDAS SALUDABLES:**

- Elija agua o bebidas con pocas calorías en lugar de bebidas cargadas de azúcar.
- Mantenga agua almacenada en su refrigerador y fácilmente disponible para cuando usted tenga sed. Cargue una botella con agua y rellénela durante todo el día.
- Haga su agua más emocionante agregando rebanadas de limón, lima, pepino, o sandía, o tome agua mineral.
- Agregue un pequeño de 100% de jugo de agua mineral para una bebida refrescante, baja en calorías.
- Cuando usted escoja una bebida cargada de azúcar, escoja el tamaño más pequeño de la bebida. Una soda de 8 onzas contiene cerca de 100 calorías.

**¿SABÍAS QUE?**

- Un soda de 20 onzas puede tener 66 gramos de azúcar. Eso es alrededor de 22 paquetes de azúcar en una sola botella. La azúcar agregada puede tener efectos graves para la salud. Las calorías agregadas en las bebidas cargadas de azúcar pueden llevar a la obesidad, diabetes y enfermedades del corazón.
- La mayoría de los adultos tienen que caminar vigorosamente durante 46 minutos para quemar las calorías de una soda de 20 onzas.
- La mayoría de niños de 10 años de edad tienen que andar vigorosamente en una bicicleta durante 30 minutos para quemar las calorías de una soda de 12 onzas.

**ALTERNATIVAS PARA BEBIDAS SALUDABLES**

**DELICIA DE SANDÍA:** Mezcle 1/2 taza de sandía en pedazos con 1/2 taza de agua, cuele la pulpa, y agregue una rebanada de limón.

**CÍTRICO LIGERO:** Corte naranjas, limones, y pepinos, póngalos en una jarra de agua por 2 horas, cuele y sirva.

**UVA ESPUMOSA:** Alíealo un pullo de unos dados en un recipiente, sirva el jugo en un vaso y líenelo hasta arriba con agua mineral.

**LIMONADA LIGERA:** Mezcle el jugo de un limón exprimido con una taza de agua, luego agregue unos gotos de miel para endulzarlo.

**LIMONADA DE SANDÍA:** Agregue 4 tazas de pedazos de sandía sin semillas con jugo de 3 limones y échalo sobre hielo.

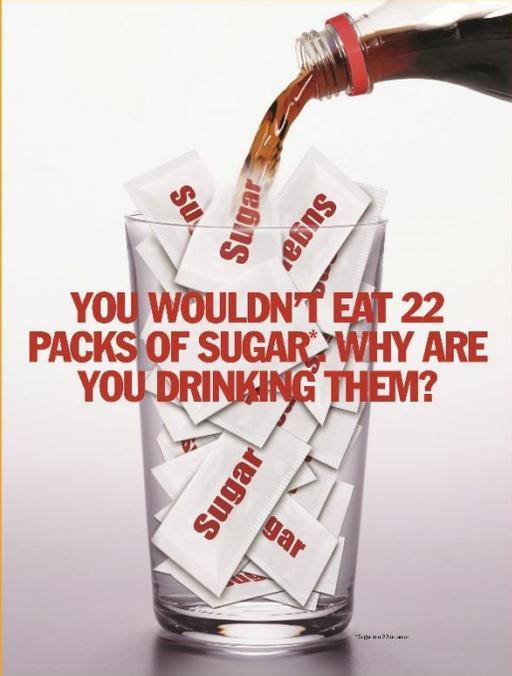
**FRUTA FRESCA REFRESCANTE:** Mezcle 1/2 taza de hielo, 1/4 de taza de agua mineral sin azúcar, de taza de melones o bayas (frambuesas, cerezas, moras etc.) hasta que estén medio derretidas. Decore con hojas de menta o con una rebanada de fruta orgánica.

**BATIDO TROPICAL:** En una licuadora, haga puree trozos de melón o rebanadas de duraznos con leche sin grasa (descremada), hielo picado, y un toque de jengibre o canela hasta que esté suave.

**CHOOSE HEALTHY LA.COM**

# 24 x 36 "SUGAR PACK" POSTERS

CATALOG ITEM: SPP-E  
QUANTITY LIMIT: 10  
ENGLISH



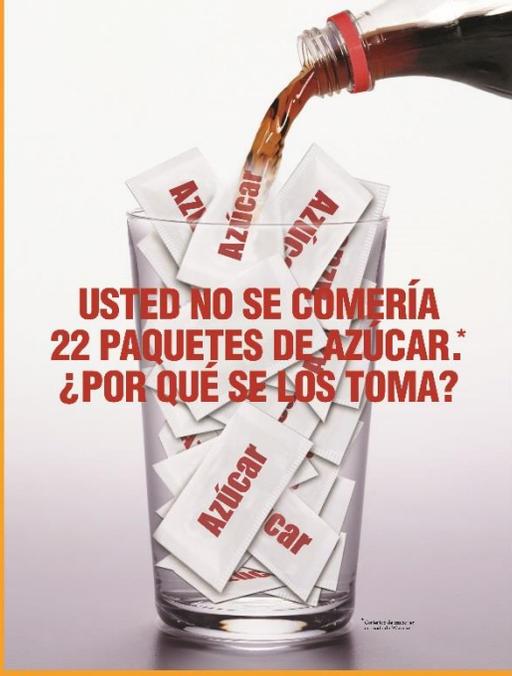
**YOU WOULDN'T EAT 22  
PACKS OF SUGAR. WHY ARE  
YOU DRINKING THEM?**

Extra calories in sugar-loaded drinks may lead to obesity, diabetes, heart disease and some cancers.

COUNTY OF LOS ANGELES  
**Public Health**

**Choose  
Health LA**

CATALOG ITEM: SPP-S  
QUANTITY LIMIT: 10  
SPANISH



**USTED NO SE COMERÍA  
22 PAQUETES DE AZÚCAR.\*  
¿POR QUÉ SE LOS TOMA?**

Calorías en exceso en bebidas cargadas de azúcar pueden causar obesidad, diabetes, enfermedades del corazón y algunos tipos de cáncer.

CONDADO DE LOS ANGELES  
**Salud Pública**

**Choose  
Health LA**

# 11 x 17 "SALT SHOCKER" POSTERS (ENGLISH ONLY)

## SALT SHOCKER – SALAMI

CATALOG ITEM: SSPS-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount sodium by most adults: 3400 mg  
Daily sodium limit recommended for most adults: 1500 mg  
Amount of sodium in 1 slice of salami (20% daily limit): 200 mg

CHOOSEHEALTHLA.COM

Public Health

Works provided with funding from the California Center for Chronic Disease Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – KETCHUP

CATALOG ITEM: SSPK-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount sodium by most adults: 3400 mg  
Daily sodium limit recommended for most adults: 1500 mg  
Amount of sodium in 3 ketchup packets (20% daily limit): 150 mg

CHOOSEHEALTHLA.COM

Public Health

Works provided with funding from the California Center for Chronic Disease Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – COTTAGE CHEESE

CATALOG ITEM: SSPCC-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount sodium by most adults: 3400 mg  
Daily sodium limit recommended for most adults: 1500 mg  
Amount of sodium in 1/2 cup cottage cheese (20% daily limit): 200 mg

CHOOSEHEALTHLA.COM

Public Health

Works provided with funding from the California Center for Chronic Disease Prevention through the Los Angeles County Department of Public Health.

## SALT SHOCKER – BREAD

CATALOG ITEM: SSPB-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels. Choose foods with less sodium.

Daily sodium amount sodium by most adults: 3400 mg  
Daily sodium limit recommended for most adults: 1500 mg  
Amount of sodium in 2 slices of bread (20% daily limit): 200 mg

CHOOSEHEALTHLA.COM

Public Health

Works provided with funding from the California Center for Chronic Disease Prevention through the Los Angeles County Department of Public Health.

# SALT SHOCKER – GREEN BEANS

CATALOG ITEM: SSPGB-E

QUANTITY LIMIT: 20

**SALT IS HIDDEN  
IN MANY PLACES YOU  
MAY NOT SUSPECT**

Too much salt can raise blood pressure and lead to heart attack and stroke.  
Compare labels.  
Choose foods with less sodium.

CHOOSEHEALTHLA.COM

Item	Sodium Level
Daily sodium intake by most adults	3400 mg
Daily sodium limit recommended by most experts	1500 mg
Amount of sodium in 1/2 cup of green beans	200-275 mg

Division of Public Health

PHOTO COURTESY OF THE U.S. DEPARTMENT OF AGRICULTURE. GRAPHIC COURTESY OF THE U.S. DEPARTMENT OF AGRICULTURE.

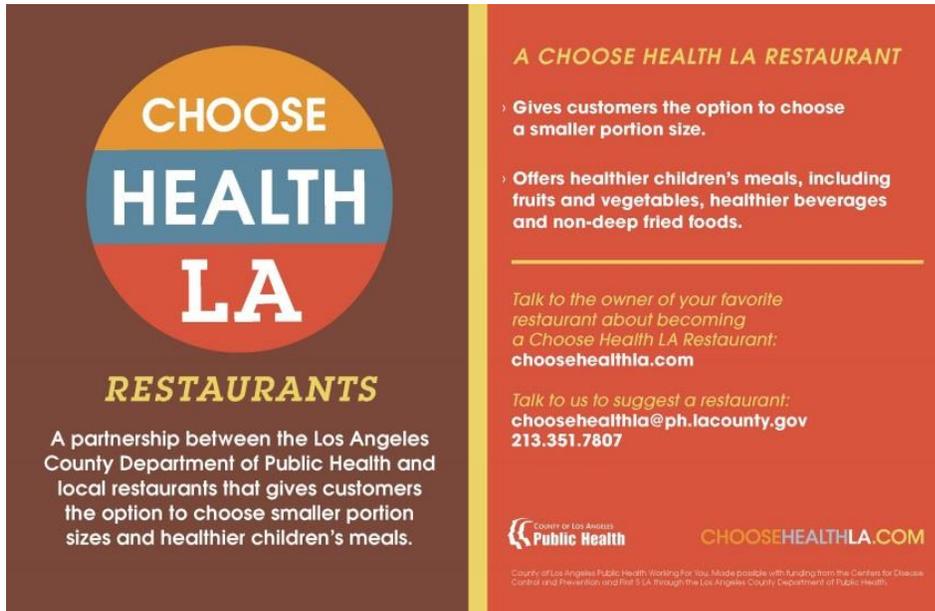
# 8 1/2 x 5 CHOOSE HEALTH LA RESTAURANT POSTCARD

Available in English/Spanish, English/Chinese and English/Korean

CATALOG ITEM: **CHLARP-ES**

QUANTITY LIMIT: 100

**ENGLISH FRONT**



The postcard is divided into two vertical panels. The left panel has a dark brown background and features a circular logo with 'CHOOSE' in white on an orange top half, 'HEALTH' in white on a blue middle half, and 'LA' in white on a red bottom half. Below the logo, the word 'RESTAURANTS' is written in yellow. A paragraph of text describes the partnership between the Los Angeles County Department of Public Health and local restaurants. The right panel has a red background and is titled 'A CHOOSE HEALTH LA RESTAURANT' in yellow. It contains two bullet points in white, followed by contact information for becoming a restaurant and for suggesting one. At the bottom, there are logos for the County of Los Angeles Public Health and the website CHOOSEHEALTHLA.COM, along with a small disclaimer.

**CHOOSE HEALTH LA**

**RESTAURANTS**

A partnership between the Los Angeles County Department of Public Health and local restaurants that gives customers the option to choose smaller portion sizes and healthier children's meals.

**A CHOOSE HEALTH LA RESTAURANT**

- › Gives customers the option to choose a smaller portion size.
- › Offers healthier children's meals, including fruits and vegetables, healthier beverages and non-deep fried foods.

*Talk to the owner of your favorite restaurant about becoming a Choose Health LA Restaurant:*  
**choosehealthla.com**

*Talk to us to suggest a restaurant:*  
**choosehealthla@ph.lacounty.gov**  
**213.351.7807**

 **CHOOSEHEALTHLA.COM**

County of Los Angeles Public Health Working For You. Made possible with funding from the Centers for Disease Control and Prevention and Part 5 LA through the Los Angeles County Department of Public Health.

**SPANISH BACK**



The postcard is divided into two vertical panels. The left panel has a dark brown background and features a circular logo with 'CHOOSE' in white on an orange top half, 'HEALTH' in white on a blue middle half, and 'LA' in white on a red bottom half. Below the logo, the word 'RESTAURANTES' is written in yellow. A paragraph of text describes the collaboration between the Los Angeles County Department of Public Health and local restaurants. The right panel has a red background and is titled 'UN RESTAURANTE DE CHOOSE HEALTH LA:' in yellow. It contains two bullet points in white, followed by contact information for becoming a restaurant and for suggesting one. At the bottom, there are logos for the County of Los Angeles Salud Pública and the website CHOOSEHEALTHLA.COM, along with a small disclaimer.

**CHOOSE HEALTH LA**

**RESTAURANTES**

Una colaboración entre el Departamento de Salud Pública del Condado de Los Angeles y restaurantes locales que ofrece a los clientes la opción de elegir porciones más pequeñas y comidas más saludables para niños.

**UN RESTAURANTE DE CHOOSE HEALTH LA:**

- › Ofrece a los clientes la opción de elegir una porción más pequeña
- › Ofrece comidas más saludables para niños, incluyendo frutas y verduras, bebidas más saludables y alimentos sin freír

*Hable con el dueño de su restaurante favorito de convertirse un restaurante de Choose Health LA:*  
**choosehealthla.com**

*Comuníquese para sugerir un restaurante:*  
**choosehealthla@ph.lacounty.gov**  
**213.351.7807**

 **CHOOSEHEALTHLA.COM**

El Departamento de Salud Pública del Condado de Los Angeles trabaja para usted, hecho posible con fondos de los Centros para el Control y la Prevención de Enfermedades y Part 5 LA a través del Departamento de Salud Pública del Condado de Los Angeles.

For **English/Chinese**, use CATALOG ITEM: **CHLARP-EC**

For **English/Korean**, use CATALOG ITEM: **CHLARP-EK**

# 11 x 17 "PORTION SIZE MATTERS" TIP SHEETS

Folds to 8 1/2 x 11; perforated center

## "PORTION SIZE MATTERS" TIP SHEET ENGLISH – FRONT

CATALOG ITEM: RFS1-E

QUANTITY LIMIT: 200

**PORTION SIZE MATTERS**

**HEALTHIER CHOICES SERVED HERE**

**CHOOSE HEALTH LA RESTAURANTS**

**PICK YOUR PORTION**

- When dining out
- When eating at home

Restaurants are partnering with the Los Angeles County Department of Public Health to bring healthier choices to communities. **The decal above means a restaurant offers:**

- smaller portion size options
- healthier children's meals

**PORTION SIZE** - the amount you eat and drink - plays an important role in your health.

Choosing smaller portion sizes can be a simple way to make a better choice and still enjoy your favorite foods.

Find a participating restaurant at [ChooseHealthLA.com](http://ChooseHealthLA.com)



Made possible with funding from The Center for Disease Control and Prevention and First S.C. through the Los Angeles County Department of Public Health.

## "PORTION SIZE MATTERS" TIP SHEET ENGLISH – INSIDE

### PORTION SIZE MATTERS WHEN DINING OUT



Portion sizes have been growing. So have we. The average restaurant meal today is more than four times larger than in the 1950s. And adults are, on average, 26 pounds heavier.

#### PLAN AHEAD WHEN DINING OUT

1. If you know you're going out, **LOOK AT THE MENU ONLINE OR CHECK THE CALORIES ON THE MENU BOARD** so you can make healthier choices.
2. Look for this **CHOOSE HEALTH LA RESTAURANTS DECAL** to find restaurants offering smaller portion sizes and healthier children's meals or go to [ChooseHealthLA.com](http://ChooseHealthLA.com) for a list of participating restaurants.
3. If you get a full-size entrée, **BOX UP HALF BEFORE YOU START EATING**.

### PORTION SIZE MATTERS WHEN EATING AT HOME

1. **DISH UP SINGLE PORTIONS.** To minimize the temptation of second and third helpings when eating at home, dish up single portions on individual plates, and keep the serving dishes off the table.
2. **DOWNSIZE TO 10-INCH PLATES.** Using a 10-inch plate - versus a 12-inch plate or larger - can help you eat smaller portions.
3. **READ NUTRITION LABELS.** Pay attention to the "Serving Size" and "Servings Per Container" on the nutrition facts label. Even small packages of foods can contain multiple servings, and the calories listed are often based on a serving size much smaller than you would actually consume.
4. **AVOID MINDLESS MUNCHING IN FRONT OF THE TV.** Place a snack-size amount of food into a bowl or container, and leave the rest of the package out of sight.
5. **CHOOSE NUTRITIOUS OPTIONS WHEN SELECTING A SNACK BETWEEN MEALS.** Eating a piece of fruit, a small salad or a small handful of nuts between meals can help prevent overeating during mealtimes.
6. **LEAVE THE "CLEAN PLATE" CLUB.** Most of us eat everything we're served, no matter how big the portion. Dish up a smaller portion, and leave leftovers for the next meal.



SERVE FOOD ON A SMALLER PLATE



SNACK OUT OF A DISH NOT THE WHOLE PACKAGE



SAVE HALF FOR LATER

**SOURCES**  
 1) Center for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity and Obesity, How to Avoid Portion Size Pitfalls to Help Manage Your Weight. [http://www.cdc.gov/healthweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthweight/healthy_eating/portion_size.html); 2) National Heart, Lung and Blood Institute, Portion Distortion and Serving Size. <http://www.nhlbi.nih.gov/health/health-topics/deep-dives/portion-distortion>; 3) Brandt L, Feldman D, Chomazang C, et al. Fast-food consumption among US adults and children: Dietary and nutrient intake profile. *J Am Diet Assoc* 2003;103(10):132-138.  
 4) Heron C, and Popkin B. (2015). Food portion problems and habits among U.S. children and the relationship to their eating occasions. *PLoS ONE*, 10(12), e0154453. doi:10.1371/journal.pone.0154453.  
 5) Young L, & Nestle M. (2002). The contribution of expanding portions to the US obesity epidemic. *APPL PHYSIOL*, 94(4), 71-76.  
 6) Young L, & Nestle M. (2002). Responses of fast food companies. *JHEP*, 3(2), 238-48. © CDC, Atlanta, Ga., No. 347, Oct 27, 2008. © CDC, National Health Statistics Report, No. 10, Oct 22, 2008.

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# 4 x 6 CHOOSE HEALTH LA FARMERS' MARKET POSTCARD

CATALOG ITEM: CHLAFM-ES

QUANTITY LIMIT: 50

ENGLISH FRONT



**USE CALFRESH EBT AT THE FARMERS' MARKET**

Find a farmers' market near you: [dpss.lacounty.gov/dpss/calfresh](http://dpss.lacounty.gov/dpss/calfresh)  
<http://ecologycenter.org/fmfinder>

Made possible with funding from the Centers for Disease Control and Prevention through the Los Angeles County Department of Public Health.

SPANISH BACK



**USE SU TARJETA DE EBT CALFRESH EN LOS MERCADOS DE AGRICULTORES**

Encuentre su mercado de agricultores más cercano: [dpss.lacounty.gov/dpss/calfresh](http://dpss.lacounty.gov/dpss/calfresh)  
<http://ecologycenter.org/fmfinder>

Financiado por los Centros para el Control y la Prevención de Enfermedades a través del Departamento de Salud Pública del Condado de Los Angeles.

## **CHOOSE HEALTH LA DVD**

Information and public service announcements on eating healthy, moving more and living tobacco free in LA County

(Please note that the content on both versions is the same)

### **LOOP**

Plays continuously – best for use in clinical and other community settings with ongoing programming

CATALOG ITEM: **CHLADVD-L**

LIMIT: 1

**ENGLISH**



CATALOG ITEM: **CHLADVDS-L**

LIMIT: 1

**SPANISH**



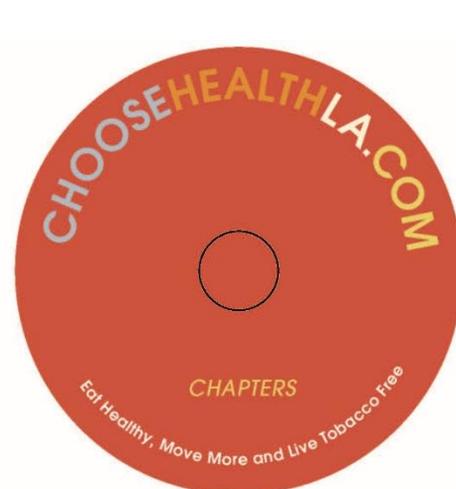
### **CHAPTERS**

Chapters on Sugar-Sweetened Beverages, Sodium Reduction, Portion Control, Safe Places, Tobacco Control

CATALOG ITEM: **CHLADVD-CH**

LIMIT: 1

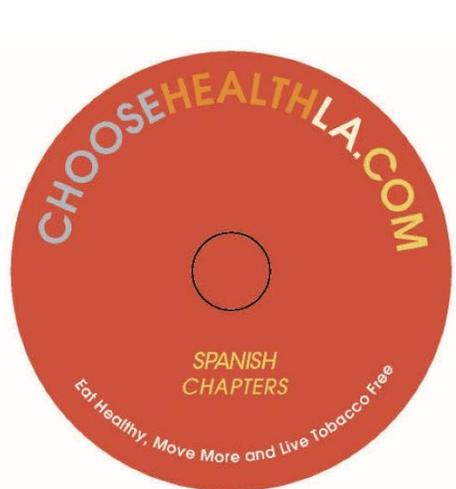
**ENGLISH**



CATALOG ITEM: **CHLADVDS-CH**

LIMIT: 1

**SPANISH**





# 11 x 17 "BREAK UP WITH TOBACCO" POSTERS

CATALOG ITEM: BUTP-PU  
QUANTITY LIMIT: 10

**YOU'RE  
TOO  
CLINGY.**

**IT'S TIME TO BREAK UP  
WITH TOBACCO.**

**FREE HELP. NO EXCUSES.** [teen.smokefree.gov](http://teen.smokefree.gov)  
1-800-662-8887 #DoneWithYou

Division of Tobacco Control  
Public Health

CATALOG ITEM: BUTP-GR  
QUANTITY LIMIT: 10

**YOU'VE  
BURNED ME  
TOO MANY  
TIMES.**

**IT'S TIME TO BREAK UP WITH TOBACCO.**

**FREE HELP. NO EXCUSES.** [teen.smokefree.gov](http://teen.smokefree.gov)  
1-800-662-8887 #DoneWithYou

Division of Tobacco Control  
Public Health

CATALOG ITEM: BUTP-YE  
QUANTITY LIMIT: 10

**SORRY,  
IT'S NOT ME,  
IT'S YOU.**

**IT'S TIME TO BREAK UP WITH TOBACCO.**

**FREE HELP. NO EXCUSES.** [teen.smokefree.gov](http://teen.smokefree.gov)  
1-800-662-8887 #DoneWithYou

Division of Tobacco Control  
Public Health

CATALOG ITEM: BUTP-OR  
QUANTITY LIMIT: 10

**AND NO,  
WE CAN'T  
STILL BE  
FRIENDS.**

**IT'S TIME TO BREAK UP  
WITH TOBACCO.**

**FREE HELP. NO EXCUSES.** [teen.smokefree.gov](http://teen.smokefree.gov)  
1-800-662-8887 #DoneWithYou

Division of Tobacco Control  
Public Health

CATALOG ITEM: BUTP-PK  
QUANTITY LIMIT: 10

**OUR  
RELATIONSHIP  
HAS BECOME  
TOXIC.**

**IT'S TIME TO BREAK UP WITH TOBACCO.**

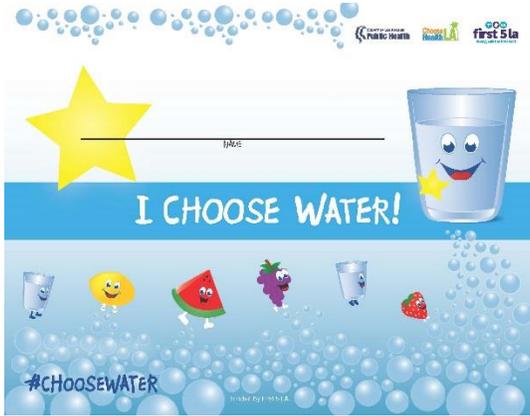
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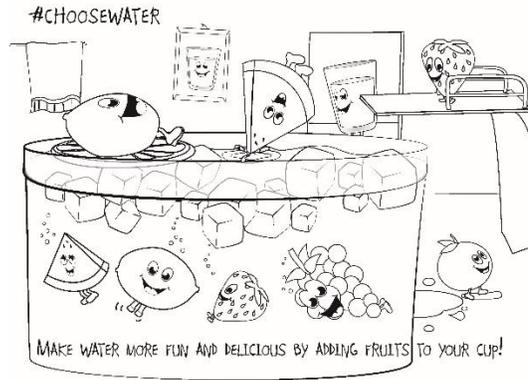
# 8 1/2 x 11 "I Choose Water" Coloring Sheets

CATALOG ITEM: CWCS- E  
QUANTITY LIMIT: 100

Front



Back



CATALOG ITEM: CWCS- S  
QUANTITY LIMIT: 100

Front



Back



# 5 x 9 "Choose Water" TRI-FOLD CARDS

Spanish and English, Folds to 3 X 5

CATALOG ITEM: CWTF

QUANTITY LIMIT: 200

## Front cover

## Back cover

## Inside

### Consejos Para Tomar Bebidas Saludables

- Elija agua o bebidas con pocas calorías en lugar de bebidas cargadas de azúcar.
- Deje agua en su refrigerador para que esté enfriada cuando usted y su familia necesitan una bebida.
- Lleve una botella reutilizable con usted y rellenarla durante el día.

#tomaagua

**Alternativas para Bebidas Saludables** Ponga rebanadas de limón, lima, pepino o sandía en tu agua para que sea más delicioso o pruebe estas recetas:

**Delicia de Sandía**  
Mezcle 1/2 taza de sandía en pedazos con 1/2 taza de agua y agregue una rebanada de limón.

**Limonada de Arándano**  
Agregue 1/2 taza de arándanos y jugo de un limón exprimido a una taza de agua. Añade hielo y decore con una rodaja de limón.

**Uva Espumosa**  
Muela un puño de uvas en un recipiente, sirva el jugo en un vaso y llénelo hasta arriba con agua mineral.

### Tips for Healthy Drink Choices

- Choose water or low-calorie drinks instead of sugary drinks.
- Leave water chilled in your refrigerator so it is ready when you and your family need a drink.
- Carry a reusable bottle with you and refill it throughout the day.

#choosewater

**Healthy Drink Alternatives** Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or try these recipes:

**Watermelon Delight**  
Blend 1/2 cup diced watermelon with 1/2 cup water, and add a lime slice.

**Blueberry Lemonade**  
Add 1/2 cup of blueberries and juice from 1 squeezed lemon to 1 cup of water. Pour over ice and garnish with a slice of lemon.

**Grape Sparkler**  
Mash a handful of grapes into a bowl, pour juice into a glass and fill to the top with sparkling water.